

PROTEIN

Protein provides 4 calories per gram.

The primary function of protein is to build and repair body tissues.

Keep meat and poultry portions small and lean.

Include at least 8 oz. of cooked seafood per week.

PROTEIN: AMINO ACIDS

Amino acids are the building blocks of protein.

There are 22 amino acids.

There are 9 essential amino acids.

The body cannot make essential amino acids so they must be obtained from food.

Complete proteins contain all 9 of the essential amino acids in the right ratio for our body to use.

Incomplete proteins contain some, but not all, of the amino acids.

PROTEIN: COMPLETE PROTEINS

Complete proteins contain all 9 of the essential amino acids in the right ratio for our body to use.

Complete proteins come from animal food sources such as: meat, chicken, fish and milk products.

Soy foods such as tofu, tempeh, soy nuts and edamame also contain complete protein.

- Quinoa is considered a complete protein, but is not as high in protein as animal sources or soy, so is not included as a protein food in MyPlate.

PROTEIN: INCOMPLETE PROTEINS

Incomplete proteins contain some, but not all, of the amino acids.

Incomplete proteins are from other plant sources

Examples Include: grains, dried beans, nuts and seeds.

Incomplete proteins can be combined to create a complementary protein.

PROTEIN: COMPLEMENTARY PROTEINS

Incomplete proteins can be combined to create a complementary protein.

Complementary proteins are a grain combined with any nut, seed or legume.

Examples Include:

Beans with rice

Peanut butter with whole wheat bread

Hummus and Pita Bread

Macaroni and Cheese

PROTEIN: LAB- FAJITAS

This group will read the recipe out loud to the entire class and then relay the following information to the rest of the class.

During the lab today:

- You need to get your ground beef cooking as quickly as possible.
- Remember to wash your produce.
- Only get sour cream if the people in your group want it.
- Any questions?